

## *Michigan's Healthy School Success Story website is now available!*



Success stories of all kinds may encourage your constituents to support your efforts. Michigan's Healthy School Success Story Website is now available to collect stories from across the state.

By submitting your own success stories, your Coordinated School Health Team (CSHT) and school can receive recognition for your efforts and inspire other Michigan Schools!

This website will allow your CSHT to search for success stories by topic area for proven ideas. Reviewing success stories from other schools may motivate your CSHT to make additional changes.

**Visit [www.mihealthtools.org](http://www.mihealthtools.org)  
and click on Healthy Schools – Healthy Students.**

# Communicating Your Successes



*This is an example of how success stories will be formatted once submitted on the Michigan Success Story Website.*

## **Nellie B. Chisholm Middle School**

Montague Area Public Schools  
Muskegon County  
4700 Stanton Boulevard  
Montague, MI 49437 - 1036

Enrollment: 500  
Public School  
Team Nutrition School

### **Success Story Contact:**

Dan Gorman  
Food Service Director  
Phone: xxx.xxx.xxxx  
Email: DanGorman@xxx.edu

### **Success Story Information:**

Reach: Building Level  
Duration: 4 to 6 months  
Costs:

- \$101 - \$500
- Release time/substitute costs
- Advertising

#### **Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support

## **Success Story Example: HEALTHIER À LA CARTE!**

**O**ur school worked on the à la carte area of the cafeteria. We were concerned that students who were choosing to use the à la carte area were not selecting a well-balanced meal and were consuming large portion sizes.

We made the following changes to the à la carte area: (1) Eliminated the 5 highest calorie items in the à la carte area (2) Changed the 2.5 oz. cookie to a 1 oz. cookie (3) "Bundled" popular à la carte items with fruit, veggies and milk to make a complete meal (4) Communicated with the students by an all school presentation (5) Allowed students to choose 5 healthier snacks to replace the ones that were eliminated (6) Parent input was included through an evening event.

Results from the first three months are as follows: (1) As a result of the meal bundle the school is serving 49 more meals per day. This will equate to 8800 meals by the end of the year. (2) The school is selling the same amount of cookies but at 200 fewer calories each. By the end of the year we will have 1,000,000 fewer calories to students.

The students understood the reasons for the changes and enjoyed providing input on changes and had a positive reaction overall.

### **Other Relevant School Information:**

Our Coordinated School Health Team/Committee met 2 to 3 times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health teacher or Health Educator); Classroom teacher (not PE or Health); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Family Involvement (Parent/Guardian); Student (on the team for middle/high school; input for elementary school); Community Involvement (Health Dept., MSU Extension, American Heart Association, American Cancer Society)

Assessments\* Completed: Changing the Scene Healthy School Environment Improvement Checklist from U.S. Department of Agriculture, Team Nutrition

*\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School health Index and Changing the Scene.*

